

## Gestational Diabetes Conference 2007

### Learning Objectives

Learners will acquire the following competencies:

- Understand and communicate the basics of diabetes.
- Explain the definitions of gestational diabetes (GDM)
- Compare and contrast professionals' and patients' beliefs and expectations regarding GDM with those of Type 2 Diabetes.
- Understand current recommendations for screening pregnant women for GDM
- Explain the diagnostic criteria for GDM
- Describe the goal of treatment of gestational diabetes and the consequences of Hyperglycemia
- Identify at least three techniques available to professionals that are likely to enhance the mother's engagement in daily care.
  - Identify the dietary protocol in the treatment of GDM
    - Interpret sample food and blood glucose records to distinguish between food and insulin contributors to inadequate control.
  - Comprehend the use of Insulin and Oral Agents in the treatment of GDM
    - Discuss the conventional medicine treatments and their outcomes for controlling diabetes
    - Discuss naturopathic treatments of diabetes
  - Describe the appropriate exercise to prescribe in the treatment of GDM
  - Describe blood glucose monitoring in patients with gestational diabetes
    - Explain the usefulness of Laboratory and Ancillary Testing in the Management of Diabetes in Pregnancy.
    - Describe the assumptions and strategies of patientcentered use of blood glucose monitoring as applied in GDM.